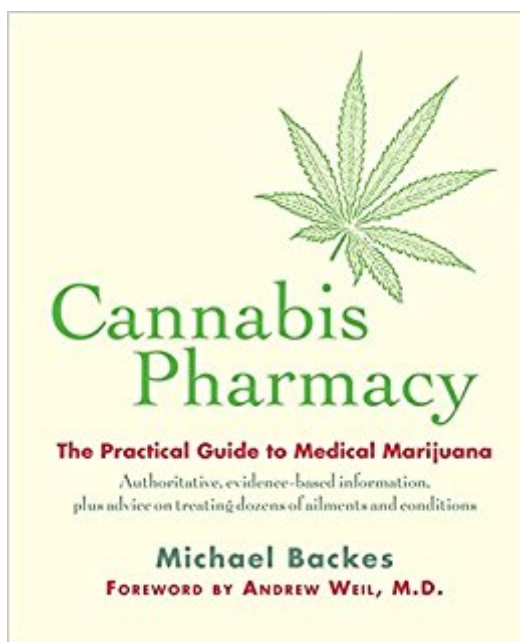


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Cannabis Pharmacy: The Practical Guide To Medical Marijuana



Synopsis

In Cannabis Pharmacy, expert Michael Backes offers evidence-based information on using cannabis to treat an array of ailments and conditions. He provides information on how cannabis works with the body's own system, how best to prepare and administer it, and how to modify and control dosage. This newly revised edition is now completely up-to-date with the latest information on the body's endocannabinoid system, which is now understood to control emotion, appetite, and memory, delivery and dosing of cannabis, including e-cigarette designs, additional varieties, and a new system for classification, as well as 21 additional ailments and conditions that can be treated with medical marijuana. There are currently more than 4.2 million medical cannabis patients in the United States, and there are 29 states plus the District of Columbia where medical cannabis is legal.

Book Information

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Customer Reviews

Pre-publication praise for Cannabis Pharmacy: "[T]horough, accurate, and yet easy to read coverage of what every prescribing physician and patient needs to know about medical marijuana, its metabolism and effects, its risks and possible benefits, along with cautions and details about available forms and modes of administration." —Sander Greenland, Professor Emeritus, Fielding School of Public Health, University of California, Los Angeles "Michael Backes presents much valuable knowledge collected from diverse disciplines, supporting present-day practical approaches to effectively using medical cannabis — most importantly, which varieties may work best for certain medical conditions — and prepares us for what to expect in the near future. Cannabis Pharmacy is well written, informative, and most of all a timely as well as a

fascinating read." — Robert C. Clarke, Projects Manager, International Hemp Association, and author of *Â Cannabis: Evolution and Ethnobotany* "A superbly written and easily accessible expert guide filled with practical know-how . . . It will undoubtedly become an essential foundational educational text about the value and depth of the human-ecannabis relationship, and how to apply the very best of what is known about medical cannabis to maximize health and well-being."

— Sunil Kumar Aggarwal, MD, PhD, medical cannabis expert, www.cannabinergy.com

"Crucial reading for anyone interested in cannabis and the new frontier of cannabis medicine."

— Mark Haskell Smith, author of *Â Heart of Dankness: Underground Botanists, Outlaw Farmers, and the Race for the Cannabis Cup* "Now, more than ever, people need clear, well researched, unbiased, factual reporting about the benefits and drawbacks of marijuana use. This book provides that . . . [It] is destined to become the standard work on the subject."

— Barry Miles, author of *Â Call Me Burroughs*, founder of the Indica Bookstore, and Beats historian "There is now so much science supporting the legalization and acceptance of medical marijuana use, yet not enough effective communication . . . Cannabis Pharmacy excels at filling that need."

— Randy Olson, author of *Â Don't Be Such A Scientist: Talking Substance in the Age of Style* "An excellent compendium for anyone considering—or using—medical marijuana. Highly recommended."

— Martin A. Lee, director of Project CBD and author of *Â Smoke Signals: A Social History of Marijuana*

Michael Backes specializes in cannabis science and policy issues at a southern California consultancy, which maintains clients throughout the United States. He previously founded the first evidence-based medical cannabis dispensary. Backes is active with Project CBD, a non-profit educational service dedicated to promoting research into the medical utility of cannabidiol (a non-psychoactive cannabis molecule), the International Association for Cannabinoid Medicines, and is a member of the American Herbal Products Association's Cannabis Committee. He lives in Southern California.

Andrew Weil, M.D., is a world-renowned leader and pioneer in the field of integrative medicine, a healing-oriented approach to health care, which encompasses body, mind, and spirit. He holds undergraduate and medical degrees from Harvard University. Approximately 10 million of Dr. Weil's books have been sold, including *Spontaneous Healing*, *8 Weeks to Optimal Health*, and *Healthy Aging*.

As one of fewer than 50 physicians in the US certified in cannabinoid medicine by the Amer Assoc of Cannabinoid Medicine, I recommend this book to physicians, other health care professionals,

policy makers, and patients. This book summarizes and communicates the state of the art of cannabis medicine as of roughly early 2013. It is much easier to read and in many ways more practical than such academic books as "Marijuana and Cannabinoid Research: Methods and Protocols" edited by Prof. Emmanuel Onaivi (whose work is advancing knowledge of the CB2 receptor in the CNS) or "Cannabinoids in Nature and Medicine" edited by Didier Lambert. Backes' book bridges and updates the clinical knowledge in the aforementioned books as well as less academic and non academic books including multiple chapter authors in "The Pot Book" by Julia Holland or Martin Lee's Smoke Signals, and Irv Rosenfeld's classic, "My Medicine," respectively. The use of Medical cannabis in the USA goes back to the pre Civil War era, as reprinted in the late Dr Todd Mikuriya's "Medical Marijuana Papers", pre-WW1 medical and pharmacy textbooks, and summarized by Dr David Bearman in "Demons, Discrimination, and Dollars" (and expanded upon his soon to be published illustrated .much expanded version. As the unscientific, politically motivated stigmas, and legal status of Cannabis-based medicine is rapidly changing, this book and others should be considered essential reading by those who care for those who suffer, those who believe that people ought to not be criminalized for growing a handful of medicinal plants to treat insomnia, neuropathic and other types of chronic pain, reduce opiate use, alcoholic cravings, PTSD, traumatic brain injury/stroke/cardiac ischemia/reperfusion injuries, (search pubmed for research by Prof Yosef Sarne), and enhance feelings of well-being. Backes discusses the importance of the US federal patent, "Cannabinoids as Antioxidants and Neuroprotectants", cannabidiol (CBD), other emerging cannabinoids: THCA, THCV, CBN, GBG, CBD, CBDA, and CBDV, and a few terpenes. An omission includes the implications on benefits and risks by the confounding of much marijuana, including literature assessments by undocumented and underdocumented contamination of smoked or ingested plant by pesticides, other chemicals, fungi, and bacteria. (Reference www.thewercshop.com and the scientific presentations by organic chemist Jeff Raber) About me: A semi-retired physician who has spent the bulk of my career as a drug safety expert and clinical researcher in the pharmaceutical industry, I am looking to license my submitted patent application for use of the plant and/or isolated cannabinoids to treat nerve agent neurotoxicity: "Use of Cannabinoids and terpenes for the treatment of organophosphate toxicity" Attention VC: based on the rules of the FDA's CounterACT program, my patent meets the criteria to be developed into a FDA-approved drug without costly and time-consuming human trials! Info on therapeutic use of cannabinoids and terpenes in this book should be updated every couple of years as practical cannabinoid medicine is advancing rapidly on the west coast USA, in Israel (thanks to the pioneering work in the endocannabinoid system by Prof R. Mechoulam), Spain, Scotland,

Uruguay, in Canada, and in England (thanks to GW Pharma), and indeed all over the world where science, a true doctor/patient relationship, and medicinal plant research are permitted.

I purchased this book as I have a family member who has been suffering from Osteoporosis. Traditional pain killers have not been effective and/or are too strong and/or have other unpleasant side effects, so was hoping this book would teach me more about how to effectively use cannabis to help manage pain. I found the book smart, well-written and informative. I would suggest this book to people with medical problems where traditional methods of managing pain (and other things) have failed, or those who would rather pursue a more natural route.

Being a 2014 release, this has some of the most up-to-date information about the medicinal applications of cannabis, in spite of the fact that even more information has been released since the final edit of this book. The book is not cut up into a bunch of chapters, but four loosely defined *“Parts”*. In Part 1, you get a conglomeration of cannabis history and biology, but quickly switches up into how cannabinoids work in the body and how they even interact with some prescribed and over-the-counter medications. A good explanation of terpenes and how they augment the effects of the cannabis in the body is here too. Possibly the best book dealing with the *“adverse effects”* of short-term and long-term use, along with a good few paragraphs about *“over-medication”* or that bad trip. Part 2 is interesting in its own right. It is titled, *“Using Medical Cannabis”*, and goes through all the basics that a newbie would have to figure out on their own. Short of having an experienced user to guide you, this is practically the next best thing. Good few pages on contaminants, pesticides, and other adulterants, particularly useful for underground users depending on an unregulated black market for their medicine. *“Varieties of Medical Cannabis”*, Part 3 is a complete section on common strains and what they are used for. If I have a complaint, it is with this section. Many of the strains mentioned are all old standbys. With all the creative crosses and private grows, you find many non-name and designer strains being used in the medical cannabis community. More information about that, crossed with the terpene section, would have been best to allow a nuanced understanding of how that is linked. You are left to extrapolate everything on your own. Part 4 is where the major component and value of this book comes in, with the *“Medical Uses of Cannabis”*. This is a fairly comprehensive list of various ailments and medical conditions that are treated with medicinal cannabis and the corresponding strains good for those specific conditions. This covers many of the

new hot-button studies recently covering anxiety, Alzheimer's, autism, fibromyalgia, Hep C, MS, Parkinson's, and PTSD. If you have a family member that is looking for good science based information on using cannabis medicinally, this is a fantastic primer. Most of the information is out there on the internet, but you have to put the pieces together. This is all packaged for you in an easy to read, casual format.

It's about time that research has begun on the overall evaluation of cannabinoids in the metabolic process. It certainly appears that there are many possible outcomes of a positive nature in the medical application of cannabinoids and even terpenes to health issues. It may be that dosages of a much smaller amount than previously thought are more efficacious. But that is yet to be seen. Perhaps the educational level of society in general needs to rise somewhat in order for it to accept these ideas. The book will help in that regard and has been long overdue.

Good information

Excellent book to find a little deeper level of medical info on cannabis. This book has a standard template it uses for most of the strains to try and help with comparing them. The reaction each person has is different and the lack of real scientific experimentation makes this a hard book to write.

Good book

I've been using this as a reference guide for nearly a year. Continually, I refer back to content when addressing questions posed by others or to reinforce understanding on areas of endocannabinoid system, medical conditions, and various strains. There's a lot to absorb but I've found it easy to understand. I've recommended it to many who also find it practical and relevant.

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